

LIVING Better

A Butler VA Quarterly Magazine

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BUTLER VA HEALTH CARE SYSTEM'S WINTER 23' HIGHLIGHTS



Staff and Veteran residents in the Sergeant Joseph George Kusick Community Living Center had an indoor snowball fight this winter! The Butler VA's Recreation Therapists regularly plan activities, events, and visitors for Veterans.



Veteran residents in the Sergeant Joseph George Kusick Community Living Center once again participated in The Marine Toys for Tots Program this past holiday season. Our Veterans donated OVER \$2,500 (in canteen books) worth of toys!



The Veteran Portrait Project was on display at the Butler VA Health Care System this winter. The project was a collaboration between the Butler VA and The Art Center in Butler, PA. 25 Veteran portraits were completed over the course of a year.



The Slippery Rock High School Chamber Singers volunteered their time in December to participate in the Butler VA's monthly "Music is Medicine" program. Each month musical guests play, sing, or perform at the Abie Abraham VA Clinic.



The Butler VA held a Vision Board Workshop for Veterans to help them visualize any hopes, goals, or aspirations for the new year. Veterans who missed the workshop, but who are interested in creating their life Mission, Aspiration, or Purpose (MAP), can reach out to the Butler VA's Whole Health team by calling 878-271-6718 or 878-271-6717.



In collaboration with Slippery Rock University's Storm Harbor Equestrian Center, a Butler VA community partner, and the University of Pittsburgh PERU (Program Evaluation and Research Unit) Program, Veterans and their family members came together to experience the equestrian center where equestrian programs are free for Veterans and their family members.



Women Veterans were invited to Steele's Brushes and Ceramics for an evening filled with creativity, comradery, and conversation about Women's Heart Health for the annual Go Red for Women event. Special entertainment was also provided by Jennifer Lynn Baker.



A special "Lunch Date with a Veteran" event was held in the Community Living Center during the National Salute to Veteran Patients week. Additionally, hundreds of Valentines were sent to our Veteran residents from local community groups, schools, and VA staff.



During National Salute to Veteran Patients Week, visitors were onsite from local Veteran Organizations greeting Veterans, sharing information, and passing out treats! The Blue Star Mothers of Southwestern Pennsylvania, part of the Butler VA's Voluntary Service Committee, were one of the groups who participated this year.

Cover Photo

Butler VA staff wore their red for National Wear Red Day in February to raise awareness nationwide for women's heart disease.



Dear Veterans, fellow employees, volunteers and friends of the Butler VA,

I hope everyone's new year is off to a healthy start. If you are not enjoying the winter weather, remember that many VA services are available via telehealth, and we offer many of our health and wellness classes virtually too.

I'd also like to encourage all our Veterans to discuss toxic exposure screenings with their VA provider at their next visit and learn more about the PACT Act: www.va.gov/PACT.

Thank you for your service, and I hope you enjoy this issue of "Living Better."

Sharon Coyle, Director

C O N T E N T S

Winter 2023



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A Whole Health New Year

Many people make annual resolutions to lose weight, quit smoking, exercise more, and a variety of other health-related life improvements. The Butler VA supports healthy resolutions for 2023, but pays special attention to this one question: "What matters to you?"



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Tele-Audiology NOW Available!

A new telehealth service is available for Veterans at the Lawrence County Community-based Outpatient Clinic: Tele-Audiology. Veterans can "meet" virtually with an Audiologist located at the main Butler facility and receive full audiology services.



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All About Acupuncture & Chiropractic Care

The Butler VA Health Care System has been providing chiropractic care for over 10 years, and acupuncture treatments for almost 8. While the two health services share a common goal of improving Veterans' overall health, there are some major differences.



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Health Tech, Tips, & Tastes

What's new and interesting in VA's health technology? Find out! Also enjoy a health tip and tasty recipe.

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VA



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A Whole Health New Year

What Matters to You?



Is your New Year resolution still going strong? Many people make annual resolutions to lose weight, quit smoking, exercise more, and a variety of other health-related life improvements. Often these resolutions fail before spring arrives.

The Butler VA supports healthy resolutions for 2023, but pays special attention to this one question:

“What matters to you?”

The VA Whole Health Program starts with this one question. It empowers Veterans to make healthy choices in all areas of life, not just physical health. Whole Health looks at goals, lifestyle, and values. A Veteran’s priorities guide their journey, including mental health, sleep, relationships, and more.

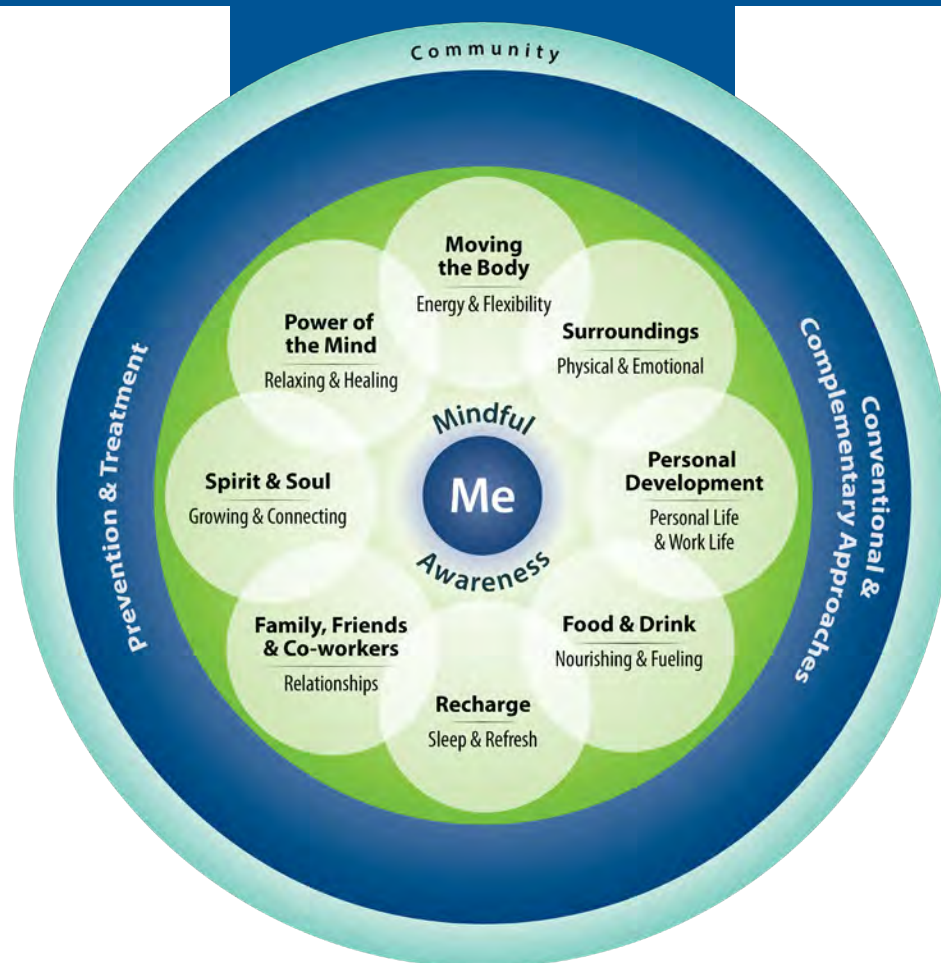
U.S. Navy Veteran Timothy Sager has experienced firsthand the difference Whole Health can make. The “no pressure approach” in the program along with support from his Whole Health coach, pharmacist, and doctor was especially helpful for him. He’s seen a big improvement with his eating habits thanks to Whole Health.

“I’m eating better—healthier foods and smaller portions. Without dieting, I have lost 20 pounds and feel much better overall. My A1C has also dropped a good bit.”

Making changes and seeing results did not come without its challenges though. For Timothy, his own mindset was his biggest obstacle.

“I tell myself that I have tried eating better dozens of times but looking back I really did not. You have to be ready in your mind before the body will follow.”

“Power of Mind” is one aspect of health that significantly effects



a Veteran's overall health. It is one of the eight Circle of Health areas that Veterans look at in the Whole Health program to decide what matters most to them.

The Circle of Health areas are:

- Moving the body – Energy and Flexibility
- Surroundings – Physical and Emotional
- Personal Development – Personal Life and Work Life
- Food and Drink – Nourishing and Fueling
- Recharge – Sleep and Refresh
- Family, Friends, and Co-workers – Relationships
- Spirit and Soul – Growth and Connecting
- Power of the Mind – Relaxing and Healing

Once a Veteran determines what matters to them for their own health, the Butler VA Whole Health team guides them to their goals through group sessions or one-on-one coaching. Veterans may call 878-271-6717 to request an appointment or speak

with their health care team for a referral.

Timothy has been coming to the Butler VA Health Care System for about 20 years now and “wouldn’t go anywhere else.” His advice to other Veterans is this:

“Close your mouths and open your ears. You really need to listen to them...they know what they’re doing. Use the resources that are available to you. Ask questions. Talk to your doctor and anyone else here, as they will either help you or direct you where to find help.”

Listen to Timothy. Resources are available. We are here to help. It’s not too late to get started on a Whole Health New Year. Learn more at www.va.gov/WholeHealth, or talk to your health care team today.

Tele-Audiology NOW Available!





A new telehealth service is available for Veterans at the Lawrence County Community-based Outpatient Clinic: Tele-Audiology.

“The Butler VA’s Connected Care Department is using virtual technology to improve access for Veterans and provide health care beyond traditional doctor’s office visits,” said Breigh Speidel, Connected Care Program Manager. “Tele-Audiology, our newest program, saves Veterans time and travel to the main Butler VA facility.”

Telehealth technology in a VA clinic brings specialty staff and services closer to home. It allows Veterans to connect with VA health specialists at medical centers nationwide from their community clinic. Providers make diagnoses, manage care and perform check-ups virtually.

With Tele-Audiology, Veterans can “meet” virtually with an Audiologist located at the main Butler facility and receive full audiology services to include hearing aids, molds, fittings, testing, and minor repairs.

While this service is still new, it has received positive feedback from many local Veterans.

“I’m glad you started up here. Keep it going, don’t take it away! I’m glad I can jump in the car and drive 3 miles now. Butler is 26-mile drive for me. I told 10 guys that they are offering it here (Lawrence Clinic) now and that they don’t have to go to Butler anymore. I appreciate this, thank you,” said Steve Bovo, U.S. Navy Veteran.

U.S. Navy (retired) Veteran Brian Franksain agrees. “I think it’s great, it’s wonderful, I love it. It saves time and money for everyone.”

In addition to virtual specialty care services like Audiology, eligible Veterans can participate in Home Telehealth programs, utilize telephone or video appointments (VA Video Connect), and even visit the VA App Store for helpful (free) health tools.

“With the potential for bad winter weather, there’s an even stronger case to make for telehealth and virtual resources as options for your VA care,” added Speidel.

Any Veteran at the Lawrence County VA Clinic may request this new telehealth service by talking with their primary care provider. Learn more about telehealth at the Butler VA: <https://www.va.gov/butler-healthcare/programs/connected-care/>.

All About Acupuncture & Chiropractic Care

The Butler VA Health Care System has been providing chiropractic care for over 10 years, and acupuncture services for almost 8. The two health services incorporate Whole Health principles with a common goal of improving Veterans' overall health, but there are some major differences.

Consistent with VA's Whole Health approach to care, chiropractic and acupuncture services focus on achieving a Veteran's Mission, Aspiration, and Purpose (MAP). The Butler VA's team of chiropractors and acupuncturist break it down for us:

What is Acupuncture?

Acupuncture, a modality of East Asian medicine, refers to the insertion of solid stainless-steel needles by a provider into defined locations, acupuncture points, to treat a variety of common health conditions. Acupuncturists may use a combination of manual therapy, acupuncture, dietary advice, and therapeutic exercise such as qigong as part of your care plan.

How can it help me?

Most commonly, acupuncture is used for acute or chronic musculoskeletal pain conditions like low back pain, neck pain, shoulder pain, hip pain, or elbow pain. Acupuncture is also effective for other pain conditions like fibromyalgia, headache, migraine headache, and various neuralgia conditions. Research indicates acupuncture to be beneficial for a variety of mental health conditions like PTSD, depression, anxiety, and insomnia, when appropriately co-managed with behavioral health. Acupuncture also shows benefit for women's health addressing conditions like menopause, premenstrual syndrome, Polycystic Ovary Syndrome (PCOS), and menstrual cycle regulation.

What is Chiropractic?

Chiropractic is a health care profession with expertise in non-medication, non-operative diagnosis, and management of

musculoskeletal conditions. Chiropractors are most often associated with spinal manipulative therapy for back and neck pain (also known as spinal adjustments). Chiropractic may also use a combination of manual therapies, spinal manipulative therapy, and active therapeutic exercises.

How can it help me?

Chiropractors work closely with a Veteran's health care team to diagnose and manage muscle and joint conditions. Chiropractic may help reduce back, neck, or joint pain.

Are they safe?

Acupuncture is considered safe when performed by a qualified health care provider including licensed acupuncturists, physicians, and chiropractors. Serious complications are very rare. The most common risk with acupuncture is minor bleeding upon needle removal and occasional temporary discomfort at the needle insertion site. Other less common risks include bruising and nausea and/or dizziness during or after an acupuncture treatment.

Manual therapy and spinal manipulative therapy (spinal adjustments) are considered safe when delivered by well-trained and experienced practitioners. The most common negative responses to care are soreness or discomfort in the areas treated. It is not uncommon for some individuals who seek first time care to report soreness post-treatment. Your chiropractor will discuss potential benefits and risks if manual therapies are indicated for your condition.

Can you participate in both?

The Butler VA maintains separate clinics for both chiropractic and acupuncture services. Some individuals may benefit from a multi-modal approach to care. However, in evaluating the response to care it is in your best interest to consider one service at a time for potential benefit.



How long/often should you receive treatment?

An acupuncture course of treatment will vary in length depending on the condition being treated. When indicated, a trial course of acupuncture including 4-6 visits on a weekly basis will be considered to determine benefit of treatment. A response to treatment will assist you and your clinician in determining if additional care is indicated.

For chiropractic care, a typical trial may include 4-6 visits of care on a weekly or more frequent basis depending on one's condition.

Meet Our Team

Pictured above from Left to Right:

- M. Jacob Schmalzriedt, DOM - Staff Licensed Acupuncturist
- Samantha Vasbinder, DC - Staff Chiropractor
- Jerrell Hardison, DC - Staff Chiropractor
- Zachary Cupler, DC - Staff Chiropractor
- Michael Anderson, DC - Staff Chiropractor; ACOS Diagnostics & Specialty Care

Ready to Get Started?

Like most services, Veterans are encouraged to speak to their patient aligned care team (PACT) who can assist in recommending services and consult the chiropractic or acupuncture services at the Butler VA Health Care System.

New Toxic Exposure Screening for Veterans

If you're enrolled in VA health care, you can now receive the toxic exposure screening at VA medical centers and clinics across the country. If you're not enrolled but meet eligibility requirements to enroll, you will have an opportunity to receive the screening after you enroll.

During your screening, you'll be asked if you believe you experienced toxic exposures during your military service. If you answer yes, you may be connected to support and resources, including a review by your primary care team or provider.

One of the best ways to manage your health is to proactively develop a long-term health care plan with your care team. The new toxic exposure screening can be an important part of that discussion. Veterans enrolled at the Butler VA Health Care System are encouraged to discuss toxic exposure screenings with their VA provider at their next visit.

Learn more about the screening and toxic exposures, visit:

- www.publichealth.va.gov/exposures/index.asp
- www.va.gov/resources/the-pact-act-and-your-va-benefits/

Home Caregiver for Veterans Needed

Want to make a difference in the life of a Veteran? Become a Medical Foster Home Caregiver.

The Butler VA is seeking caregiver applicants for its new Medical Foster Home Program. The Medical Foster Home Program (MFH) is a voluntary program that offers safe, long-term care in a homelike setting. MFH is an affordable, comprehensive-care housing alternative for Veterans.



If you are interested in becoming a MFH Caregiver, please reach out to our local MFH Coordinator at 878-271-6723. Learn more: www.va.gov/butler-health-care/programs/medical-foster-home-program/.

Wellness Center Hours Expanded!

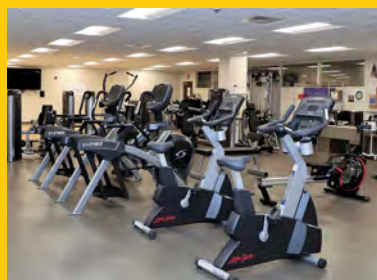
Effective February 1, 2023, the Butler VA's Wellness Center (gym) is now open Monday-Friday from 6am-9pm. Get fit today! Virtual fitness options are available too. Call 878-271-6531 to learn more and get started today.

Through the Veteran's Lens

Veterans are invited to join the Butler VA's new (free) virtual photography class. The classes take place every Tuesday at 5:30pm via VA Video Connect (VVC).

Did you know photography can be therapeutic? Some benefits of photography are self-expression, creativity, improved focus, enhanced self-worth, and reduced cortisol (stress hormone). Photography can provide an escape and give you a sense of purpose.

Register by calling **878-271-6484**.



Don't Skip a Beat on Your Heart Health



The Butler VA Health Care System hosted two events in February as part of American Heart Month, a Go Red Event for women Veterans and a heart health presentation by Butler VA Chief of Staff Dr. Aref Rahman followed by a Healthy Teaching Kitchen Demonstration.

Heart disease is the leading cause of death among all adults in the U.S. Traditional risk factors for heart disease include high blood pressure, high cholesterol, diabetes, obesity and smoking.

Fortunately, many of these risk factors can be addressed with lifestyle change—things you can do at home. You can reduce your chance of heart disease and improve your heart health by eating more vegetables and less sugar, getting enough sleep, taking your prescribed medicines as directed, and exercising at least 15 minutes a day.

VA understands your unique health needs and has resources to help you. Your primary care team can discuss your risks with you, and together, you can make a heart healthy plan for your life.



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45th National Salute to Veteran Patients

The Butler VA Health Care System recognized and honored Veterans from February 12-18 during National Salute to Veteran Patients week.

Since 1978, VA has used the week of Valentine's Day to provide a weeklong commemoration for Veterans. Local commemoration efforts included a special "Lunch Date with a Veteran" event in the Community Living Center, visits from local Veteran Organizations and Volunteers, and assorted breakfast treats and handmade Valentine cards from local community groups, schools, and VA staff.

During this week, we also worked to share information about volunteering at VA. Everyone can make a difference in the lives of Veterans.



The Butler VA Health Care System is seeking volunteers to drive Veterans to and from their appointments, provide clerical support, help with recreation activities, and more. In addition to donations and as a compliment to in-person volunteer assignments, VA also provides volunteers with virtual and remote assignments.

Learn more about volunteer opportunities at the Butler VA, visit www.va.gov/butler-health-care/work-with-us/volunteer-or-donate/ or call 878-271-6957.

SHARING
STORIES
AND
NEWS
FROM
VETERANS
TO
VETERANS

Vet Chat

First Place Winners!

The Butler VA held its local creative arts competition in August which yielded 52 art submissions. From there, 35 first-place winners moved on to the national competition. This winter, the national winners were announced...and the Butler VA had two first place winners!

Congrats to all our NATIONAL-winning local Veterans:

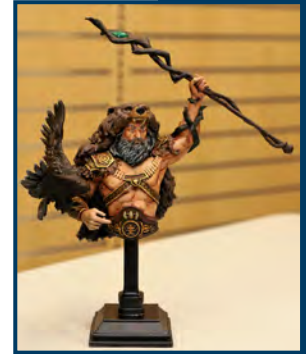
- 1st Place – Figurine Painting Kit – Veteran Terry Blair
- 1st Place – Creative Writing Humor – Veteran Cheryl Schaefer
- 2nd Place – Vocal Group – This Land is Your Land – Veteran Kate Aderman
- 3rd Place – Original Vocal – Military Experience – Yellow Footprints – Veteran Shawn Moore (aka Cook McKoy – stage name)
- 3rd Place – Needlework Kit – Veteran Sherrill Williams
- 3rd Place – Collage – Veteran Tiffany Howes

This is the Butler VA's second year competing in the national competition. The two first place winners, Terry and Cheryl, are invited to attend the 42nd National Veterans Creative Arts Festival in St. Louis, Missouri, April 10-16, 2023. The festival culminates with a stage performance, writing exhibition and gallery-style showcase of artwork. Art workshops and writing seminars are offered to Veterans during the festival week, with education in a variety of artistic modalities.

Learn more at:

www.blogs.va.gov/nvspse/national-veterans-creative-arts-festival/

The Butler VA hosts regular creative arts workshops and events throughout the year. Keep up-to-date by visiting the Butler VA Facebook page at www.facebook.com/VAButlerPA.



VETERANS SERVING VETERANS



Butler VA's Assistant Fire Chief and U.S. Air Force Veteran David Guiste

“ I have devoted my entire adult life to the fire service in different capacities between the Air Force, contract work overseas, with the city where I live, and with VA Butler. My service at Butler provides the perfect environment for me to continue providing a public service and also serve the Veteran population in our area. ”

Hey Veterans!

Share your stories with us in Vet Chat. Contact the Butler VA Public Affairs Office today at 878-271-6492.

Hearing Quiz

Do you need a hearing test?

If you are 18 to 64 years old, the following questions will help you determine if you need to have your hearing tested by a health professional. Answer YES or NO.

- | Yes | No | |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | 1. Do you sometimes feel embarrassed when you meet new people because you struggle to hear? |
| <input type="radio"/> | <input type="radio"/> | 2. Do you feel frustrated when talking to members of your family because you have difficulty hearing them? |
| <input type="radio"/> | <input type="radio"/> | 3. Do you have difficulty hearing or understanding co-workers, clients, or customers? |
| <input type="radio"/> | <input type="radio"/> | 4. Do you feel restricted or limited by a hearing problem? |
| <input type="radio"/> | <input type="radio"/> | 5. Do you have difficulty hearing when visiting friends, relatives, or neighbors? |
| <input type="radio"/> | <input type="radio"/> | 6. Do you have trouble hearing in the movies or in the theater? |
| <input type="radio"/> | <input type="radio"/> | 7. Does a hearing problem cause you to argue with family members? |
| <input type="radio"/> | <input type="radio"/> | 8. Do you have trouble hearing the TV or radio at levels that are loud enough for others? |
| <input type="radio"/> | <input type="radio"/> | 9. Do you feel that any difficulty with your hearing limits your personal life or social life? |
| <input type="radio"/> | <input type="radio"/> | 10. Do you have trouble hearing family or friends when you are together in a restaurant? |

If you answered “yes” to three or more of these questions, you may want to talk to your Butler VA health care team, or an audiologist for a hearing evaluation. Tele-Audiology is now available too!

Source: National Institute on Deafness and Other Communication Disorders

Who’s Who?



Samantha Carlantonio has over 20 years of experience caring for women. She provides a wide range of services to assess, diagnose, and treat the health care needs of women Veterans throughout their lifespan. In April 2023, Samantha will begin providing expanded gynecology services at all Butler VA Outpatient Clinics.

- Services include:**
- Annual Breast and Pelvic Exams
 - Papanicolaou Testing (Pap Smear Testing)
 - Assessment of Gynecologic Concerns
 - Endometrial Biopsies
 - Intrauterine Device (IUD) Insertion and Removal
 - Nexplanon Insertion and Removal
 - Battlefield Acupuncture
 - Menopause Counseling and Support
 - Hormone Replacement
 - Family Planning Counseling
 - Infertility and Conception Counseling
 - Punch and Shave Biopsies
 - Cryotherapy Treatments
 - Incontinence Counseling
 - Pelvic Floor Therapy
 - Pelvic Pain Assessment and Counseling
 - Counseling and Interventions for Irregular Menses
 - Primary Care Services

For more information, questions, or if you are interested in seeing Samantha at your local Community-Based Outpatient Clinic, please contact us at 878-271-6267.

HEALTH TECH – ANNIE APP FOR VETERANS

“It’s a Help System”



Annie is a VA messaging service that empowers Veterans to take an active role in their health care. Messages from Annie can include reminders to take medication, tips for reducing stress, instructions to prepare for health care appointments,

and more. Annie is a free service and anyone with a phone that can send and receive text messages can use it.

Annie helps Veterans take charge of their health, one text at a time. Or, as U.S. Army Veteran Calvin Kasperek describes it: “It’s a help system.”

Mr. Kasperek, who recently celebrated his 81st birthday, has been using the Annie App for close to a year. He finds the text messages helpful because he is regularly busy with other things, and they provide him with good health reminders.

What he likes most about the app is that it is personalized

for you. He also likes the variety of messages that offer different suggestions — ‘look for this’ or ‘try that.’ Annie texts may include health-related notifications, reminders, or motivational messages based on a Veteran’s goals or health conditions.

Mr. Kasperek recommends other Veterans try out the Annie App because “it gives you responsibility for your health.” Annie empowers Veterans to play an active role in their health care by prompting them to provide health data such as weight or blood pressure levels – or reminding them to take prescribed medications.

How to get started

To start using Annie, register online through the Annie App for Veterans page on the VA App Store. After launching Annie, you will need to consent to take part in the program and then set up your account.



After you register for Annie, you can subscribe to protocols, or groups of messages, that are tailored to your health conditions or goals. Once you subscribe to a protocol, you will receive text messages related to the protocol, such as medication reminders or motivational support for stress or weight management.

Your Butler VA care team must assign or authorize some Annie protocols for you. But you can subscribe to many protocols yourself. More protocols that you can subscribe to are becoming available on an ongoing basis.

For more information about the Annie App for Veterans, visit
<https://mobile.va.gov/app/annie-app-veterans>.

HEALTH TASTES

Cream of Broccoli Soup



Ingredients

- 1 cup powdered nonfat milk
- 2 tablespoons cornstarch
- 4 cups cold water
- 2 tablespoons low-sodium chicken bouillon powder
- 1 to 2 teaspoons dried basil
- 1 small to medium onion, chopped (about 1 cup)
- 3 cups fresh broccoli or 1 10-ounce package frozen broccoli, chopped

Directions

Dissolve powdered milk and cornstarch in cold water in a sauce pan. Add bouillon powder, basil, onion, and broccoli. Bring to a boil. Reduce heat and simmer until broccoli and onion are soft, about 5 to 7 minutes.

Serving Size: 1 cup

Servings: 6

Source: Veterans Healthy Library

Calories: 84 ★ Fat: <1g ★ Carbohydrates: 17g ★ Protein: 5g

Crossword

Across

7. Shakespeare In Love actor ____ Fiennes
8. Elephant Man actor John ____
9. Ex Bond actor, ____ Connery
10. Thespian family
11. Hollywood actor, Kevin ____
13. Surname of former Beatle
15. Composer of Bolero
17. Miami Vice actor 1984-89, Don ____
19. Once Upon a Time in Mexico actor, Antonio ____
20. He was Walter in the 2003 movie Elf, James ____
22. Norse god of thunder
23. He was Henri Ducard in Batman Begins, Liam ____

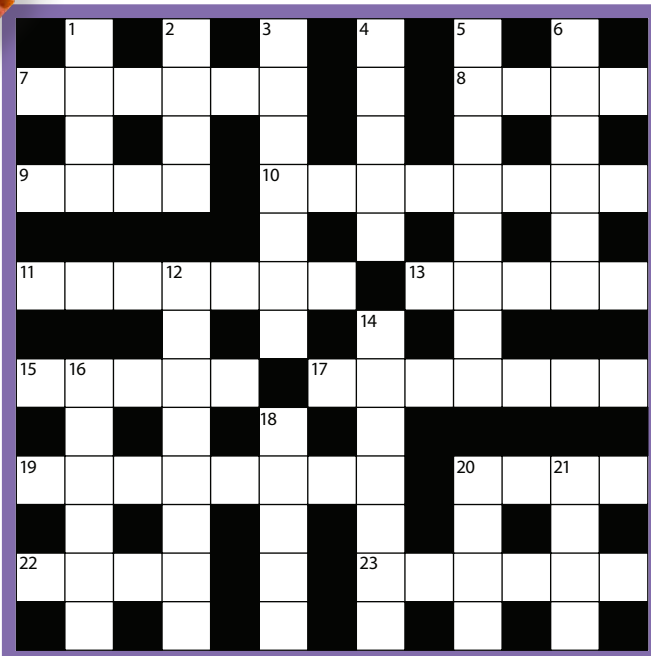
Down

1. 2003 movie, ____ Actually
2. Sean ____ was Jimmy Markum in the 2003 movie, Mystic River
3. First name of A Tale of Two Cities author
4. Surname of Far from the Madding Crowd author
5. Surname of Ben Hur actor
6. First name of Brief Encounter actor
12. First name of one of the Roosevelt presidents
14. Composer of the William Tell Overture
16. First name of The Mousetrap author
18. 2005 movie, The Brothers ____
20. She played one of The Witches of Eastwick
21. ____ 'n' Andy



Sharper Brains

Older adults who regularly take part in word and number puzzles have sharper brains, according to the largest online study to date. Exercise your brain this winter...*give it a try?*



HEALTH tip



HEALTH TIP EAT GREEN LEAFY VEGETABLES

Eating green leafy vegetables such as spinach, kale, and collards is very healthy for your heart. In fact, people who regularly eat green leafy vegetables can prevent heart attacks and significantly reduce their chance of heart disease. If you don't like these vegetables, try mixing them up into a smoothie with some fruit.



U.S. Department of Veterans Affairs

Veterans Health Administration
Butler VA Health Care System

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Butler, PA 16001
800-362-8262
724-287-4781



www.va.gov/butler-health-care



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**ARMSTRONG COUNTY VA
OUTPATIENT CLINIC**
11 Hilltop Plaza
Kittanning, PA 16201
724-545-8420

**CLARION COUNTY VA
OUTPATIENT CLINIC**
56 Clarion Plaza, Suite 115
Monroe Township, PA 16214
814-226-3900

**CRANBERRY TOWNSHIP VA
OUTPATIENT CLINIC**
900 Commonwealth Drive, Suite 100
Cranberry Township, PA 16066
724-742-3500 or 724-741-3131

**LAWRENCE COUNTY VA
OUTPATIENT CLINIC**
Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724-598-6080

**MICHAEL A. MARZANO VA
OUTPATIENT CLINIC**
295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724-346-1569

The Butler VA Health Care System, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 22,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

Refer a Buddy

Know a fellow Veteran not enrolled in VA health care? Tell them about the Butler VA! Now is the time to enroll. Call us at 800-362-8262 to get started today.



Choose VA

The Butler VA wants to bring attention to all Veterans what choices they have, and the full range of health care services and programs they have access to when they Choose VA.

www.choose.va.gov



U.S. Department
of Veterans Affairs

VA Mobile

Now available!

The VA Health Chat app provides easy, online access to chat with VA staff when you have minor health questions.

mobile.va.gov/app/va-health-chat

